



# **SUPER HEROES**

**MWR FITNESS SERIES**

## **SPIDERMAN WORKOUT**



**10 SPIDERMAN PUSHUPS**



**10 PLANK JUMP IN**



**20 MT. CLIMBERS**



**10 ALT LEG PLANK R/L**



**20 RUSSIAN TWIST**



**PLANK CRUNCH 5 EACH**

**MWR TRAINER TIP: ADVANCED EXERCISERS DO 3-5 ROUNDS;  
BEGINNERS START WITH 1-2 ROUNDS, INCREASE ROUNDS AS YOU  
GROW STRONGER.**